

## Monroe County RTIC Meeting Minutes:



**Date:** Thursday, July 25<sup>th</sup>, 2024

**Time:** 8:30 am

**Location:** [Zoom](#)

**Facilitator:** Eryn Leahy

**Recorder:** Eryn Leahy

**Attendees:** Eryn Leahy (MCHD), Liz Evans (GRUW), April Anderson (UW Extension), Sierra Phillips (Tomah VA), Mykala Gousby (Family Promise), Terry Rogalla (Fort McCoy), Vicki Riley (Human Services),

Agenda Topic:	Desired Outcome:	Information:
Introductions	Learn who is here today	Name and Organization
<a href="#">Strategic plan discussion</a>	Complete objective tracking as a group for next steps.	<ul style="list-style-type: none"> <li>• Mykala just got trained as youth mental health first aid trainer! Good partnership of April and Mykala. Sparta BGC staff want to be trained. Mykala has training/education on ACEs and TIC that she shares.</li> <li>• Send Eryn email to track any trainings done.</li> <li>• Resilience film screening went well with pauses for discussion. Very good discussions between participants with great feedback! Attendees encouraged additional community trainings. Wanting to make it more accessible: other locations, virtual screenings. Stay flexible!</li> <li>• Gabor Mate film screening last year through Tomah VA: "Wisdom of Trauma." Doing something similar through this group to provide screening.</li> </ul>
National Night Out	Finalize NNO plans.	<ul style="list-style-type: none"> <li>• April table in Tomah, Human Services will be at one event.</li> <li>• Handout QPR flyer, run/walk flyer.</li> </ul>
Training request	Review training request together to reach out.	<ul style="list-style-type: none"> <li>• Tomah Health requested an in-person TIC 101 training for all clinical staff for early fall: "We would like this training available to all clinical staff at Tomah Health. We would probably do a sign-up based on the group size you can accommodate and possibly allow for more than one session? Whatever you would be willing to do for us, we would appreciate!"</li> <li>• No limit for participants, as long as they have space and technology for training. We can offer 1 hour, 90 minute, or 3 hour presentation.</li> </ul>

		<ul style="list-style-type: none"> <li>Idea of offering people to watch film on their own time and coming together (like Wisdom of Trauma) or facilitated discussion like Resilience Film.</li> <li>Could we have Whitney reach out? Offering all types of trainings, then get understanding of group size and space, and availability. Eryn will reach out to Whitney.</li> </ul>	
Lunch and Learn updates and next steps	Where are we at with planning for July (unconscious bias) and November (Veteran focus)?	<ul style="list-style-type: none"> <li>Eryn will ask Lindsey for update on speaker – their availability and opportunity for September?</li> <li>Terry is still willing to do November lunch and learn.</li> </ul>	
Community outreach/ promotion updates	Revisiting discussion on how to spread the word in our community.	<ul style="list-style-type: none"> <li>Eryn created news release template for messaging from Suicide Prevention Taskforce and Mental Health Coalition. Please send news releases to be added to website.</li> <li>Include Facebook page link and website on letterhead. Have person writing release be contact.</li> <li>Send event flyer/information to be posted on county homepage.</li> <li>Unable to find Kayleigh’s list, so let’s create a new one together!</li> <li>Please send Eryn your contacts to create a list to outreach to.</li> <li>Sierra has 10 minute “spotlights” for all staff type of meetings. Let’s market at these meetings and pitch at leadership meetings (ex: school board, staff meetings).</li> </ul>	
Upcoming Events/ Opportunities	Share any events, observances, or learning opportunities.	National Night Out: Tuesday, August 6 in Sparta and Tomah <a href="#">SPTF September 7 Be the Light walk/run</a> Sept 19 <sup>th</sup> , 2024: <a href="#">Suicide Prevention Summit</a>	
Review and Closing	Review next steps for group members & develop next agenda.	<b>Next Steps:</b> - Eryn to reach out to Whitney and Lindsey for next steps - Send Eryn contacts you have for outreach. - Liz to outreach to gyms for walk/run.	<b>Next Meeting Agenda:</b> - Update on training request - NNO recap (988 outreach) - Lunch and learn updates
<b>Next meeting: Thursday, August 22<sup>nd</sup> at 8:30 a.m. via Zoom</b>			
<b>Parking lot items:</b> Topics we want to educate on: <ul style="list-style-type: none"> <li>Self-care and coping strategies</li> <li>Community prevention focus</li> <li>How to care for yourself to avoid crisis</li> </ul>		<ul style="list-style-type: none"> <li>Where to get help when you need it</li> <li>“Normal anxiety” and how diagnoses work</li> <li>Grief education to general public</li> <li>Burnout</li> <li>Postvention after OD deaths and suicides</li> </ul>	